



Relationship Matters

Embracing Personal Growth to Enhance Your Relationships. Making a Shift

Who am I?

Good Question!

Licenses: LPC/LMFT/CST

August 10th, 1987 (35 client hours per week x 50 weeks)

1750 Client Hours per Year x 27 years = 47,250

Classes, Workshops, CEU's, Pre-Marriage, Marriage, Sexual Issues, (Affair Recovery, Sexual Addiction), Personal Growth, Individuals, Couples, Systems (including Business Relationships)

Who are You? Why are You Here?

- My Greatest Asset: My Personhood, Knowledge, Skill Sets, Ability to Connect (Listen, Understand, Respond). If I don't Do this Well . . .
- Your Ability to Listen, Understand, Respond – in Relaxed Situations and Pressure Situations – is Critical to your Success.

Relationships with Friends, Family Parents,, Significant Other, Spouse, Business Partnership, Clients, Professional Colleagues

Some Basics

- Our Time Together: 6 Classes
- The Format: 7:00 – 7:15 Your Comments, Questions
- 7:15 – 8:15 Content / Teaching
- 8:15 – 8:40 Your Comments, Questions
- This Class is Designed to be Positive, Empowering, and Personal Growth Enhancing.
- www.billygrammerdallas.com/FallClass.en.html

Some Basics

- This Material is ©Copyrighted . You may share verbally with friends, but not copy *any* of the Handouts or use it to teach without my permission. Also, please do not share the website with friends.
- You Design the Class. Get what you Want out of it.
- You may ask **any** and **every question** that you have about Relationships! Verbally, 3x5 Card, or Email

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A Personal-Growth Approach

Making a Shift in How You Think of Relationships!

Question: What is:

- A “Good Relationship?”
 - A “Good Marriage?”
 - Draw a Circle
- Write 5 -10 Things You Would Include in a “Good Relationship.”
 - Rank Your Top 3-5

Question: How?

Think for a Moment on the List of Items in Your Circle of a “Good Relationship” or a “Good Marriage” and Ask Yourself:

- How is a “Good Relationship” Achieved?
 - By What Means, is it Actualized?
 - What Have You Been Taught?

“Normal” Approach

- “We both have to cooperate in order to have a good relationship.”
- “I have to get you to listen to me, understand me, validate what I’m saying – so that you will cooperate and do what I want you to do.”

“Good Communication”

- “I must get you to listen to me, understand me and validate me because you are the source for my own validation. You must tell me I’m O.K.”

“Normal” Approach

- “To get what I want in this relationship, I need to constantly focus on you to teach you, correct you and influence you so that my needs will be met. I will accomplish this by:

Talking to you so that you will “Hear Me.”

Sharing my Emotions with you to Influence and Change you.

Increasingly Using Negatives (Personal Hurt, Criticizing you, Pointing out your Deficiencies) to get Positive Changes from you.

“Normal” Approach

- “To get what I want in this relationship, I have to focus more on you, point out your ‘blind spots,’ confront you more, pray for you more, think about you more because you are the source of my satisfaction and dissatisfaction. So, for me to be happy, I need you to really get this and get on board with the program.”
- “To have a really good relationship, I need to get you to do life mostly my way, to see the world as I see it and to see myself as I see myself – and to affirm and love me only in ways that make sense to me, on my terms.”

Let's Make a Shift

Away from an "Other-Focus" to a "Personal-Growth Focus"

Let's Make a Shift

- Shift away from focusing on everything outside your Hula-Hoop and shift toward everything inside your Hula-Hoop.
- Shift away from thinking your “problems” are outside your Hula-Hoop to focusing on what’s going on inside your Hula-Hoop.
- Shift away from confronting others to confronting yourself.
- Shift away from having to change everyone and everything else to a radical acceptance of “what is.”

Nothing outside your Hula-Hoop has to “change.”

Let's Make a Shift

- Shift away from controlling others to controlling yourself.
- Shift away from using emotions to influence and change others to influencing and changing yourself.
- Shift away from getting others to “accept validate and understand you” to accepting, validating and understanding yourself.
- Shift away from using your “relationship” as your “soothing mechanism” to using “God” as your stabilizing Center.

Why Make this Shift?

Good Question! Thanks for Asking!

Why Make this Shift?

1. The increased significance of personal relationships require more of a sold self, not less.

The Scale of Significance

2. Your personal growth must keep pace with the increased significance of personal relationships to keep Desire alive.

The Ski Slope of Significant Relationships

Why Make this Shift?

3. All relationships create “crucibles of growth.” You must work with the tension, not against it to produce “maturity.”

Significant Relationships Create A Pressure Cooker

You are in a relationship with “not you.”

4. Your source of personal satisfaction is not found by getting “more out of your relationship,” (i.e. the “other person”), but by getting more out of yourself.

Why Make this Shift?

5. You can only work on yourself, not the “relationship.”

“We’re here to work on our relationship.”

6. You cannot get the “outcome” by constantly focusing and/or talking about the “outcome.”

How you get the outcome is important. Outcome is a by-product.

7. Relationships challenge your sense of self. They Challenge How you Know Yourself, Others, and the World.

Why Make this Shift?

8. Influencing others through a “positive relationship connection” is far more effective and increases your own growth.

Assume a Position of Protest

Attempt to Influence by Being Negative, Using Negative Emotions, Focusing on Faults and Deficiencies, Demanding to be “Right.”

Assume a Position of Invitation

Making the Shift Toward Personal Growth

So, What does that Look Like?

Making the Shift toward Growth

1. Grow A Solid-Flexible Self
2. Manage Your Emotional System
3. Control Reactivity
4. Find the Value
5. Increase Personal Desire

The Wonderful Benefit

The growth of a person is the progressive liberation of desire. It is the process whereby desire finds ever more deeply its subject, whereby desire comes to be in one who can say, ever more deeply and wholly, “I want.”

Sabastian Moore, *The Liberation of Desire*.

Desire is Looking for a New Subject; Not a New Object

Roller-Coaster Illustration